

Lunch

**Celebrate Lunar New Year!**  
 The festival began on January 29<sup>th</sup> and ends with the 'Lantern Festival' on February 12<sup>th</sup>.

**FEBRUARY 2025**  
**Ralph C. Mahar Regional**

Ralph C. Mahar Regional &  
 School Union 73

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**3**  
 Teriyaki Chicken with Rice & Seasoned Roasted Carrot & Cauliflower Blend  
*Featuring Carlson Orchard's Mutsu Apples & Arugula Salad*

**4**  
**Baked Potato Bar!**  
 Choose From Pulled Pork, Cheese, Vegetarian Chili, Scallions, Bacon Bits, Diced Tomatoes, Sour Cream & a WW Roll  
*Featuring Fresh Grapefruit*

**5**  
 Beef Lo Mein with an Egg Roll, Ginger-Soy Roasted Broccoli. & a Fortune Cookie  
*Featuring Fruity Black Bean Salad & Fruit Slushy Cups*

**6**  
 Vegetable Fried Rice with 3 Chicken Dumplings, 1 Egg Roll, & Soy Glazed Roasted Edamame  
*Featuring Blueberry & Cream Cup & Fresh Strawberries*

**7**  
 Peanut-Free Kung Pao Chicken or Tofu with Stir Fry Veggies over Rice  
*Featuring Cucumber Salad & Fresh Clementines*

*Meals Available at Burger Queen: Hamburger, Cheeseburger, or Chicken Filet on WW Buns, Vegan Nuggets, or Mozzarella Sticks all served with Regular or Sweet Potato Fries*

**10**  
 Thai Beef 'Tacos' with Spicy Ground Beef, Cabbage, Shredded Carrots, Scallions, & Fresh Cilantro  
*Featuring Fresh Melon & Homemade Chia Pudding*

**11**  
 Sweet Chicken Roasted Chicken with a Fresh Roasted Vegetable Medley & Herb Seasoned Couscous  
*Featuring Split Pea Summer Salad &*

**12**  
**Early Release**  
*Chicken Caesar Salad or Yogurt & Granola* **Senator Snack Box**  
*both served with Craisins & Crunchy Chickpeas*

**13**  
 Chick-Fil-HeyO! Sandwich with Pickles, Shredded Lettuce, & Sauce on a Brioche Bun with Steamed Carrots  
*Featuring Homemade Cole Slaw & Local Apples*

**14**  
 Mini Beef Meatloaf's with Mashed Potatoes & a Fresh Baked Garlic Knot  
*Featuring a Valentine's Devil's Food Cake with Chocolate Frosting*


*Meals Available in the Pizza Dojo: Homemade Cheese, Pepperoni, or Veggie Pizza prepared with Low-Fat Mozzarella Cheese on Whole Wheat Crust*

**17**  


**18**  


**19**  


**20**  


**21**  


*Meals Available at our Snack Shack: Nachos & Cheese Sauce with Salsa & Guacamole or Whole Grain Bavarian Style Pretzels & Cheese Sauce with Hummus Dip*

**24**  
 Fluffy Scrambled Plain or Cheesy Eggs, Whole Wheat Pancakes & Roasted Potatoes  
*Featuring Massachusetts Real Maple Syrup & Fresh Strawberries*

**25**  
**Loaded Tater Tots!**  
 Topped with Cheese Sauce, Bacon Bits, Taco Seasoned Turkey, Scallions, & Diced Tomatoes  
*Featuring Zesty 3 Bean Salad & Orange Wedges*

**26**  
 Homemade Chili with Assorted Toppings & Corn Bread  
*Featuring Heirloom Tomato Salad & Fresh Strawberries*

**27**  
 Chicken Tikka Masala with Roasted Carrot & Sweet Potato Blend and Herb & Chicken Couscous  
*Featuring Blueberry & Cream Cup & Fresh Watermelon*

**28**  
 Pasta Bar! Choose from Marinara, Pesto, or Alfredo Sauces with Meatballs  
*Featuring Fruit Slushy Cups & Tomato Caprese Salad*

*Complete your Meal at our 5-A-Day Bar featuring: Lettuce, Carrots, Red & Green Peppers, Tomato, Cucumber, Cowboy Caviar, Sunflower Seeds, Slushy Cups, Fresh, Dried & Preserved Fruits*



A USDA Reimbursable Lunch Includes.... 1 Skim or 1% White Milk, a Whole Grain Item, a Plant/Animal Based Protein, Fruits & Vegetables

Assorted Condiments, Carroteenies, Skim Milk, or 1% White Milk are Available Daily

Manage Your Student's Account Online - Make Prepayments - View Transaction History  
 - View Account Balance - Visit [www.MySchoolBucks.com](http://www.MySchoolBucks.com)

One Full Reimbursable Lunch is Free to Each Student - A La Carte Items will be charged accordingly.

Alternative Milk Choices, such as Lactaid or Soy Milk, are available with a documented dietary need.

If you have any questions, or would like additional information regarding this menu, please contact your Food Service Director at [kbressani@rcmahar.org](mailto:kbressani@rcmahar.org)

This institution is an equal opportunity provider.